

## COUNCIL ON AGING

Transportation remains the number one service. This vital service continues to grow each year. The COA transported approximately 780 riders totaling over 7,300 trips covering 31,160 miles. The van fare income received was approximately \$4,200. COA billed MART for transportation services totaling over \$36,000, which was turned back to the Town's General Fund Account.

In April, the COA experienced a horrific tragedy. We lost our beloved full time van driver Lisa Scesny. She will always be remembered. Lisa always went above and beyond the call of duty and brought sunshine into the lives of Stow seniors. She was energetic, vivacious and hard working. Lisa is dearly missed by the COA staff and those she served. Special thanks go to Beverly Benoit and Jim and Betty Sauta for filling the gap during this difficult period.

The COA has requested space from the Pompo Use Study Committee for a new Senior Center.

New Programs Offered in 2010: "Lawyer for a day" - Attorney Daniel M. Tremblay of Bolton kindly offers a free ½ hour one-on-one consultation to seniors. He advises on any questions regarding Elder Law, Estate Planning, Mediation, Guardianship and Probate. Jim's Diner Tour – every month former truck driver Jim Sauta takes the group to a different diner in the area.

A variety of Nutritional Programs are offered such as: Congregate Meals, Meals On Wheels, Monthly Breakfast and "Soups On" Program which are all well attended.

Art and Craft classes are offered weekly. Health and Educational presentations are offered monthly on a variety of topics including Get Organized, Laugh Yourself Healthy, Vertigo, Medication Management, Edible Wild Plants, Art History, Memoir Writing, Cooking, etc.

Weekly Exercise Programs offered include: Aerobics, Arthritis, Tai Chi, Yoga, and Zumba Gold classes. Special Walking groups are held periodically.

Podiatry Clinics are held monthly. Approximately 20 participants attend each month.

Cultural, Educational and Recreational Outings such as: museums, casinos, circus, flower show, baseball games, assisted living facilities, TV Stations, Winery/Brewery, restaurants, diners, etc.

This past year COA has loaned out over 100 items of Durable Medical Equipment including: wheelchairs, tub bench/chairs, commodes, walkers, canes, and other miscellaneous items.

Intergenerational Programs: COA has partnered with the schools and Stow Girl and Boy Scouts providing a variety of programs. They also provided assistance with serving meals at special events, holiday decorations and cards. Other programs included sand for seniors and pen pals.

Newsletter: This past year we changed the distribution of our 12-page newsletter from only seniors to every household in Stow. It is mailed as an insert in the Stow Independent.

Free Professional Services offered this past year included: Reiki Clinic, S.H.I.N.E., Tax Preparation, Computer Class, Computer In-Home Repair Service, Veterans Benefits, etc.

Our Outreach Coordinator and Worker provided numerous hours of assistance with seniors/disabled/veterans and their families such as: Life Line, RUOK, Fuel Assistance, Meals on Wheels, Food Stamps, Food Pantry, Veteran Benefits, home and hospital visits, etc.

Senior Tax Work-Off Program continues to grow each year. It was filled to capacity, 20 participants worked in various town departments and the schools.

Social Programs: Valentine's Tea, St. Patrick's Day Party, Red Sox Opening Day, May Day Baskets – Stow Garden Club, Volunteer Appreciation Luncheon, Strawberry Festival, Doggy Visits, Summertime Picnic, Autumn Tea, Veteran's Breakfast and our Holiday Luncheon.

Volunteer Program: Approximately 70 volunteers provided over 4,000 hours of service to the COA. Our "Unsung Hero" this year was awarded to Jim Sauta, who has led the charge for the last 10 years. He is a tenacious advocate fighting for our causes and making our needs known to the town. The COA can't thank our volunteers enough for all they do.

The Stow Friends of the Council on Aging (SFCOA) raise funds to supplement the COA. They have a gift shop, which offers a variety of Stow souvenir and hand made crafts made by Stow seniors. This past year, the SFCOA purchased for the COA a 58" flat screen TV, and a 2005 20-passenger Ford E450 van, which replaced our 1994 18-passenger van. SFCOA now has a fundraiser collection bin, "Got Books", in the parking lot of Warren Insurance for books, DVDs, CDs, videos and audio books. The Friends receive a small percentage of the proceeds.

Minuteman Senior Services (MSS) provided \$150,277 worth of services to 550 Stow seniors this past year in return for our contribution of \$1,037. MSS is funded by state and federal grants.

Funding Sources: This past year the COA received funds from the Avidia Bank's Charitable Foundation, Massachusetts Executive Office of Elder Affairs, Stow Community Chest, Stow Cultural Council, Stow Friends of the Council on Aging and the Stow Women's Club.

Respectfully submitted,

Kristen Donovan, Chair  
Newton Wesley, Vice Chair  
Ruth Delmonico, Secretary  
Paul Chaisson  
Alice Olsen  
Gus Stathis  
Beth Tobey (Chair Jan - Sep)  
Eleanor Beaudette, Associate  
Brian Burke, Associate

William Byron, Associate  
Nancy Chaisson, Associate  
Rep. Kate Hogan, Associate  
Josephine Langley, Associate  
  
Alyson Toole, Executive Director  
Sharon Funkhouser, Outreach & Volunteer Coordinator  
Suzanne Howley, Outreach Worker



***IN MEMORY OF***

***LISA SCESNY***

***1964 – 2010***

***COUNCIL ON AGING  
VAN DRIVER/DISPATCHER***

***2006 – 2010***

***Years of Service***